

## WILD RICE AND MUSHROOM PILAF

- |                           |                            |
|---------------------------|----------------------------|
| 3/4 cup wild rice         | 2 medium onions,           |
| 1 can (14-oz, 398 mL)     | chopped (1 cup)            |
| peach halves              | 2 stalks celery,           |
| 1-3/4 cups boiling water, | thinly sliced (1/2 cup)    |
| approximately             | 16 mushrooms,              |
| 3 tbsp butter             | sliced (1 cup)             |
|                           | 1/2 tsp dried thyme leaves |

Prepare wild rice according to *Quick Soak Method*. Drain peaches, reserving syrup. Combine peach syrup and enough water to make 2-1/4 cups liquid. Bring to boil and stir in wild rice. Simmer covered, 25 minutes. Drain. Dice peach halves.

In skillet, sauté onions and celery in butter until softened, about 5 minutes. Add mushrooms and sauté 2 minutes. Stir in thyme, diced peaches and cooked wild rice. Gently stir-fry together 5 minutes. Serve immediately. Makes 4 to 6 servings.

## WILD RICE SOUP

*A quick and easy recipe, using leftover cooked wild rice.*

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|-----------------------------|-----------------------------|
| 2 cans (10-oz, 284 mL each) | 4 green onions,             |
| chicken broth               | thinly sliced (1/4 cup)     |
| 1-1/2 cups water            | 1/8 tsp white pepper        |
| 3/4 cup cooked wild rice    | 1/2 cup carrot, julienned   |
|                             | 1/2 cup zucchini, julienned |

Simmer chicken broth, water, cooked wild rice, green onions and pepper 10 minutes. Stir in carrots. Simmer 5 minutes. Stir in zucchini. Simmer 2 minutes longer. Serve immediately. Makes 4 - one cup servings.

## WILD RICE AND TOMATO CASSEROLE

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|--------------------------|------------------------------|
| 3/4 cup wild rice        | 1/2 green pepper,            |
| 2-1/4 cups boiling water | diced (1/4 cup)              |
| 2 tbsp butter            | 1/4 tsp dried oregano leaves |
| 1 medium onion,          | 1/8 tsp pepper               |
| chopped (1/2 cup)        | 1 can (14-oz, 398 mL)        |
| 1 clove garlic,          | tomatoes                     |
| finely chopped           |                              |

Prepare wild rice according to *Quick Soak Method*. Next, stir wild rice into 2-1/4 cups boiling water in saucepan. Simmer, covered, 20 minutes. Drain.

In large saucepan, sauté onion and garlic in butter until softened. Add green pepper and sauté 2 minutes. Stir in oregano, pepper, tomatoes and cooked wild rice. Pour into 1 L (1 qt) casserole and bake at 160°C (325°F) 25 minutes. Makes 4 to 6 servings.

## WILD RICE SALAD

*A deliciously different salad idea.*

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|-----------------------|----------------------------|
| 125 mL wild rice      | 75 mL vegetable oil        |
| 375 mL boiling water  | 45 mL red wine vinegar     |
| 3 stalks celery,      | 2 mL salt                  |
| diced (200 mL)        | 0.5 mL pepper              |
| 2 medium carrots,     | 1 mL dry mustard           |
| grated (125 mL)       | 2 mL dried tarragon leaves |
| 4 green onions,       | 50 mL mayonnaise           |
| thinly sliced (50 mL) |                            |

Prepare wild rice according to *Quick Soak Method*. Next, stir wild rice into 375 mL boiling water in saucepan. Simmer covered, 20 minutes. Drain.

Combine celery, carrots and green onions in bowl. Toss with cooked wild rice. Combine oil, vinegar, salt, pepper, mustard and tarragon in jar with tight fitting lid. Pour over vegetable wild rice combination. Toss to mix well. Marinate covered in refrigerator 4 hours. At serving time, stir in mayonnaise. Makes 4 cups salad.

## WILD RICE AND CHICKEN LIVERS

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|-----------------------------|----------------------------|
| 1/2 cup wild rice           | 1/4 cup Ontario dry sherry |
| 1-1/2 cups boiling water    | 1/2 tsp prepared mustard   |
| 1 tbsp butter               | 1/2 tsp salt               |
| 500 g (1 lb) chicken livers | 1/8 tsp white pepper       |
| 4 green onions,             | 1/2 cup 35% cream          |
| chopped (1/4 cup)           | 1/4 cup parsley, chopped   |

Prepare wild rice according to *Quick Soak Method*. Next, stir wild rice into 1-1/2 cups boiling water in saucepan. Simmer covered 20 minutes. Drain. Spoon into shallow casserole and keep warm.

While rice is cooking, cut chicken livers in half and sauté in butter until just pink inside. Remove from skillet and keep warm. Sauté green onions in drippings in skillet. Stir in sherry, mustard, salt and pepper and simmer 2 minutes. Stir in cream, parsley, and cooked chicken livers. Heat thoroughly. Spoon chicken livers and sauce over hot cooked wild rice in casserole. Bake at 150°C (300°F) 15 minutes. Makes 4 servings.



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# ONTARIO WILD RICE

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|----------------------------------|--------------------------------|
| 1/2 cup wild rice                | 1 cup bean sprouts             |
| 1-1/2 cups boiling water         | 2 tbsp soya sauce              |
| 3 tbsp vegetable oil             | 1/4 tsp ground ginger          |
| 1 clove garlic, sliced           | 1/8 tsp pepper                 |
| 4 green onions, sliced (1/4 cup) | 2 cups spinach leaves, chopped |
| 1 stalk celery, sliced (1/4 cup) |                                |

Prepare wild rice according to *Quick Soak Method*. Next, stir wild rice into 1-1/2 cups boiling water in saucepan. Simmer covered 25 minutes. Drain.

Sauté garlic in oil in skillet or wok 5 minutes. Discard bean sprouts, cooked wild rice, soya sauce, ginger and pepper, and stir-fry 5 minutes. Add spinach leaves and stir-fry 2 minutes longer. Serve immediately. Makes 4 servings.

### WILD RICE IN TOMATO SHELLS

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|--------------------------------|--------------------------------|
| 1/3 cup wild rice              | 8 mushrooms, chopped (1/2 cup) |
| 1 cup boiling water            | 1/2 tsp salt                   |
| 6 medium tomatoes              | 1/8 tsp pepper                 |
| 3 tbsp butter                  | 1/2 tsp basil                  |
| 1 medium onion, chopped        | 2 tbsp parsley, chopped        |
| 1 clove garlic, finely chopped | 2 tbsp cheddar cheese, grated  |

Prepare wild rice according to *Quick Soak Method*. Next, stir wild rice into one cup boiling water in small saucepan. Simmer covered, 20 minutes. Drain.

Core tomatoes. Immerse in large bowl of boiling water and then immediately plunge into cold water to loosen skins. Peel. Cut 1/2 inch slice from top of each tomato. Reserve slices. With small spoon, remove pulp, seeds and juice from tomatoes, leaving shells 1/4 inch thick. Invert shells on paper towel to drain. Discard tomato seeds. Chop reserved tomato slices and add to pulp and juice.

In skillet, sauté onion and garlic in butter until softened. Add mushrooms, salt, pepper, basil, tomato pulp and juice and cooked wild rice. Cook over medium heat 5 minutes. Stir in parsley. Spoon 1/3 cup tomato rice filling into each tomato shell. Top each with one tsp grated cheese. Bake in shallow casserole at 160°C (325°F) 25 minutes. Makes 6 stuffed tomatoes.

# WILD RICE

## A DELICACY OF INTERNATIONAL PRESTIGE

Ontario wild rice is a traditional favorite when served with duck, pheasant, quail and game. It's also a tasty complement to chicken, turkey, pork, beef and trout.

The nutty flavor and chewy texture of Ontario wild rice make it prized as a gourmet delicacy, both in Canada and throughout the world. Native to Ontario, the wild rice plant is a tall aquatic grass which grows naturally in shallow shore waters. The plant has thrived for thousands of years, particularly in the northwestern part of the province.

Wild rice is not actually a rice, but a small, slender, dark brown grain. It is harvested each September, and remains available throughout the year. After harvesting, the grains are roasted, hulled and cleaned. At this point the wild rice is packaged in bags, while some is also cooked and then canned.

Look for Ontario wild rice in the gourmet section of food stores and in specialty shops. It's available uncooked in half pound (250 g) and one pound (500 g) bags, and fully cooked in cans.

For best results when preparing uncooked wild rice, use the *Quick Soak Method* of preparation. This preparation method eliminates overnight soaking and reduces the cooking time.

### QUICK SOAK METHOD

Wash required amount of uncooked wild rice under cold running water. Stir wild rice into boiling water, using three times as much water as rice, (e.g. 1/2 cup wild rice requires 1-1/2 cups boiling water). Simmer, covered for 5 minutes. Remove from heat and let soak in same water, covered, for one hour. Drain and proceed as directed in recipe.

### COOKING

The hard, shiny grains of wild rice are transformed, by cooking, into fluffy brown-gray curls. Wild rice swells to four times its volume when cooked. One-half cup of raw wild rice will yield 2 cups when cooked, or 4 half cup servings. For additional flavor, cook wild rice in chicken or beef stock, instead of water.

Leftover, cooked wild rice may be frozen. Simply thaw and use in one of these delicious recipes, eliminating the quick soak and initial cooking steps.

This dressing may be served with chicken, turkey, pheasant or quail, as well as duck.

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|--|---------------------------|
| 3/4 cup wild rice                            | 2 tbsp brandy             |
| 2-1/4 cups boiling water                     | 1 tsp salt                |
| 1 duck (2.5 kg, 5 lb)                        | 1/2 tsp dried sage leaves |
| 3 slices bacon, diced                        | 1/8 tsp pepper            |
| 1 medium onion, chopped (1/2 cup)            | 1/2 cup apple jelly       |
| 1 large stalk celery including leaves, diced | 1 tsp brandy              |
| 2 apples peeled, cored and grated            | 1 tbsp flour              |
|  | 1/2 cup boiling water     |

**DRESSING\*** Prepare wild rice according to *Quick Soak Method*. Stir wild rice into 2-1/4 cups boiling water in saucepan. Simmer, covered, 20 minutes. Drain.

Sauté bacon in large skillet 5 minutes. Push to side of pan. Sauté onion and celery in bacon fat 5 minutes. Stir in apples, 2 tbsp brandy, salt, sage and pepper, together with bacon. Combine well. Stir in cooked wild rice and cook all together over low heat 10 minutes.

**DUCK** While rice is cooking, remove giblets and neck from cavity of duck. Wipe cavity with paper towel. Prick skin of duck with a fork. Spoon dressing into cavity of duck. Truss duck.

Place duck, breast side down on rack in shallow roasting pan. Roast duck at 180°C (350°F) 25 minutes per pound. After 45 minutes, turn duck breast side up, prick again and continue cooking.

Melt apple jelly in small saucepan over low heat. Stir in 1 tbsp brandy. Brush duck with this mixture during last hour of cooking time to glaze, reserving 2 tbsp of mixture for gravy.

When duck is cooked, remove to platter and keep warm. Drain all fat from pan, leaving brown drippings only. Stir 1 tbsp of flour into drippings, then add 1/2 cup boiling water. Cook and stir over low heat until thickened. Stir in remaining apple jelly brandy glaze. Serve gravy to accompany duck. Makes 4 servings.

\*Wild rice dressing may be baked separately in a casserole. Heat at 180°C (350°F) for 30 minutes.

